

FOOD DISTRIBUTION

The school year is well underway already. This year we are excited to be offering many new commodities, including various dried fruits, frozen fruit cups, low-fat baking mix, and whole grain pasta. If you have any questions about these or other commodities, go to the USDA website and view the commodity fact sheets located at <http://www.fns.usda.gov/fdd/schfacts/>. We would love to hear your ideas on how you use commodities, or if you need any recipes or ideas on what to do with your commodities, please contact Barbara Lado at (602) 542-8721 or via e-mail at Barbara.Lado@azed.gov.

COMMODITY TIPS:

B034 – Reduced Fat Cheddar Cheese – This commodity is stored and shipped frozen. For best results, it should be thawed in the cooler rather than at room temperature. Doing this will reduce the moisture in the cheese.
A309 – Blueberries, Dried – This commodity is stored and shipped frozen. They do not need to be stored frozen but it is recommended that they be stored in the cooler for best results.

SURPLUS ALLOCATIONS:

If you are interested in obtaining a surplus list, call Danielle Daugherty at (602) 542-8729 or e-mail her at Danielle.Daugherty@azed.gov. She will fax you the list to complete and then you can fax back to Barbara Lado so she can allocate your request. Barbara will allocate items from the surplus list by fair share, which means you may not receive all the items or quantities you requested. Surplus allocations only have one week from the allocation date until the close date, so you will need to place the items on an order as soon as possible after getting the allocation. It is your responsibility to put the surplus allocation on an order form. If the allocation goes past the close date, you will lose the commodities and be charged a storage fee as well.

The SKINNY on Trans Fat

We've all heard for years that saturated fat and cholesterol should be limited in our diets because they raise our risk of heart disease. But recently there has been a lot of talk about trans fat and its ill effect on health as well. Trans fat has only recently been added to the nutrition facts label so consumers may monitor the amount of trans fat in their diet. But what does it all mean? Why is trans fat getting such a bad rap?

Trans fat is formed when liquid oils are made into a solid fat by the addition of hydrogen. Hydrogenation increases the shelf life and flavor of many foods. Normally, in nature an unsaturated fatty acid has a number of kinks or bends due to hydrogen bonds on the same side of the fatty acid. More double bonds in a fatty acid create more kinks in the molecule. These kinks cause the fatty acid to form a loose pack allowing a less rigid membrane. The trans fatty acid finds hydrogen on opposite sides of the double bond. This configuration allows the trans fatty acid to lie flat, without kinks and pack as tightly together as saturated fatty acids, inhibiting cell function.

Trans fat, saturated fat and cholesterol each raise the levels of LDL (the "bad" cholesterol). Trans fat has also been found to lower the levels of HDL (the "good" cholesterol). Both of these factors increase the risk of coronary heart disease (CHD). Due to this increased risk of CHD, the Food and Drug Administration (FDA) now requires food manufacturers to list the amount of trans fat on nutrition fact labels.



When reviewing the nutrition facts label, be sure to evaluate all the fat. An item may be low in trans fat but high in saturated fat or cholesterol. Take time to compare and evaluate the "whole picture".

Many schools have addressed the issue of trans fat in their Local Wellness Policies. Some districts have even eliminated trans fat in school cafeterias. For more information on this trend, visit www.schoolnutrition.org/Index.aspx?id=2376.

Source: www.cfsan.fda.gov/~dms/transfat.html

Compare Spreads!*

Keep an eye on Saturated Fat, Trans Fat and Cholesterol!

| Butter ** | Margarine, stick † | Margarine, tub † |
|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| Nutrition Facts | Nutrition Facts | Nutrition Facts |
| Serving Size 1 Tbsp (14g) Servings Per Container 32 | Serving Size 1 Tbsp (14g) Servings Per Container 32 | Serving Size 1 Tbsp (14g) Servings Per Container 32 |
| Amount Per Serving | Amount Per Serving | Amount Per Serving |
| Calories 100 Calories from Fat 100 | Calories 100 Calories from Fat 100 | Calories 60 Calories from Fat 60 |
| | | |
| Total Fat 11g 17% Saturated Fat 7g 35% Trans Fat 0g 0% Cholesterol 30mg 10% | Total Fat 11g 17% Saturated Fat 2g 10% Trans Fat 3g 0% Cholesterol 0mg 0% | Total Fat 7g 11% Saturated Fat 1g 5% Trans Fat 0.5g 0% Cholesterol 0mg 0% |
| Saturated Fat : 7g + Trans Fat : 0g Combined Amt.: 7g Cholesterol: 10 % DV | Saturated Fat : 2g + Trans Fat : 3g Combined Amt.: 5g Cholesterol: 0 % DV | Saturated Fat : 1 g + Trans Fat : 0.5g Combined Amt.: 1.5g Cholesterol: 0 % DV |

*Nutrient values rounded based on FDA's nutrition labeling regulations. Calorie and cholesterol content estimated.

**Butter values from FDA Table of Trans Values, 1/30/95.

† Values derived from 2002 USDA National Nutrient Database for Standard Reference, Release 15.



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Superintendent
of Public Instruction

Arizona Department of Education



Providing the latest dish on School Health and Nutrition News and Information

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is published by the Arizona
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MAKING YOUR WELLNESS POLICY WORK FOR YOU

If your school or district would like to improve the implementation of the Wellness Policy, the Arizona Nutrition Network may be a helpful resource. The Network is a public and private partnership led by the Arizona Department of Health Services (ADHS) through an interagency agreement with the Department of Economic Security (DES). The Network is funded with State and Food Stamp Administration dollars from the United States Department of Agriculture (USDA). Funding is used to provide common nutrition messages to food stamp applicants and recipients. These efforts include reaching audiences in locations where a majority of participants are known to have low incomes, such as schools and community programs. Schools and districts may become part of the Network and receive support in expanding their nutrition education efforts.

The Network promotes healthy eating habits and increased physical activity by providing partners with program support, teaching materials and incentive items. One such partner is Maricopa County Department of Public Health Office of Nutrition Services (MCDPH). Using Network resources, MCDPH partners with school districts to provide free nutrition education classes for students and parents, and provides incentive items for parents, students, teachers, and schools.

Maricopa County's Office of Nutrition Services is one of many Network partners who can help school districts implement their wellness policy. Districts also have the opportunity to partner directly with the Arizona Nutrition Network. If you would like more information about the Arizona Nutrition Network or existing partners within a specific county please visit the website at <http://www.eatwellbewell.org>. If you are a district within Maricopa County and would like information about MCDPH services please contact the Office of Nutrition at 602-506-9333.

CRE and SMI Nominations from 2006-2007

CRE Nominations

Clarkdale - Jerome Elementary District
Douglas Unified District
Palominas Elementary District
Holbrook Unified District
Adobe Mountain School
Tuscon Unified School District
Cottonwood - Oak Creek Elementary
Mary C O'Brien Accommodation District

SMI Nominations

Old Pueblo Childrens Services, Inc.
Cottonwood-Oak Creek Elementary
Douglas Unified District
Sun Valley Indian School
Maricopa Det-H

**Award winners will be announced at this years Mega Conference
December 10th - 12th at the Wigwam Resort in Litchfield.**

Circulate to:

☐ Principal

☐ School Nurse

☐ Health Teacher

☐ Kitchen Staff

☐ Business Manager

☐ Secretary/Bookkeeper

Holidays the Healthy Way

Healthy Tips From the CDC:

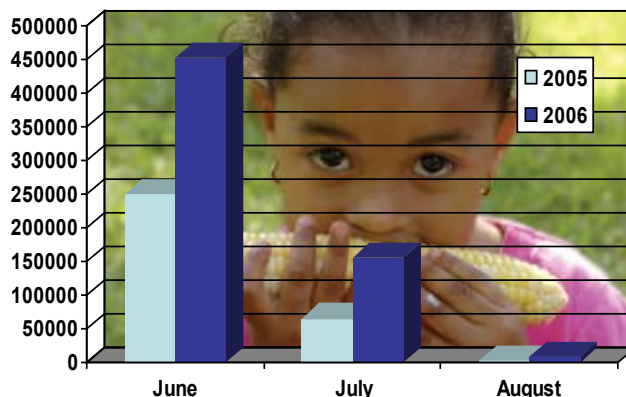
- Bowls of fresh fruit are a festive and sweet substitute for candy or chocolates.
- Be physically active to avoid or relieve the holiday stress.
- Dance or exercise to your favorite holiday music.
- Leave those extra calories behind — limit your intake of foods high in fat or added sugar.
- For a great holiday gift, try going to your farmer's market or grocery store and selecting fresh fruits and vegetables.
- It's easy to overindulge during the holidays. Make sure to watch portion sizes and select one or two of your favorites from the host of tempting foods.
- Remember calories add up! This is especially true during the holidays when we snack more. For a healthy snack, choose a piece of fresh fruit.



Summer Food Update

The 2007 FRAC report on the Summer Food Service Program (SFSP) has been released and indicate further improvements in participation from 2005 to 2006 for Arizona. But there is still much need for improvement. The Simplified SFSP showed a significant increase in meals served from 2005 to 2006, yet as this graph demonstrates, participation drops off significantly as the summer months move into July and August. The Arizona Department of Education will be working to raise awareness of the SFSP throughout the entire summer months, not just the month of June when the majority of schools run their summer school program. Nutritious summer meals are a vital component to a child's overall well being; physically, emotionally and developmentally. Summer Food is the best solution for allowing children to return to school in the fall, properly nourished and ready to learn.

In the summer, Arizona currently reaches only 2 out of 100 of the children who qualify for free and reduced meals on the National School Lunch Program. If Arizona were to expand outreach of the SFSP and reach 40 children in the summer per 100 served during the school year the state would receive an additional \$5,536,152 in federal funds. And most importantly, an additional 99,482 children would receive a meal. Now that is an impressive goal for our state to strive to attain.



SY2007 Food Service Annual Financial Report (AFR)

What is Food Service AFR?

Food Service AFR is a one page summary that includes total revenue available to the program by source and total expenditures by category. Also reported are number of meals served, price charged for meals, amount matched from the state funds and for those contracting with Food Service Management Company (FSMC), a FSMC expenditure breakdown.

How to complete AFR?

Districts and Charter Schools

Instructions for completing the Food Service AFR are available online at www.ade.az.gov/schoolfinance/Forms/. Select Districts/School Site or Charters/School Site. All reported amounts should be rounded to the nearest dollar.

Non-public Schools

Specific instructions for non-public schools including Bureau of Indian Affairs Schools, Correctional Institutions and State Schools, District Sponsored Charter Schools, Private Schools, Residential Schools and Institutions and Special Milk participants are at www.ade.az.gov/health-safety/cnp/financial/ webpage. Select Manuals, select Annual Financial Report.

To register for AFR training visit www.ade.az.gov/online/registration/. Select Health & Nutrition Services: NSLP, click AFR Web Based Training for Non-Public Schools. Seating is limited, you must be registered and arrive on time to be able to participate.

THE FINANCE OFFICE

Below are the names and phone numbers of the Health and Nutrition Finance staff:

Mila Makal – Annual Financial Reports, Audits,
State Match (602) 542-8714

Kristine Anderson – FSMC and Caterer Contracts,
RFPs (602) 542-6208

Tina Rangel – Program Project Specialist,
Claims (602) 542-2358

Nicholas Dunford - Financial Services Director
(602) 542-8724

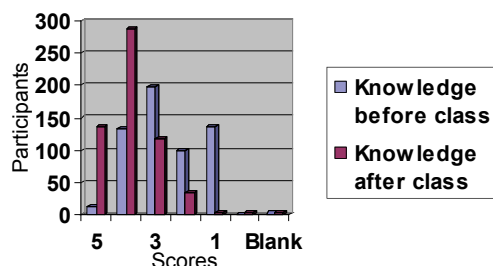
A+ School Lunch Trainings

During the 2006 – 2007 school year the two day A+ School Lunch training was mandatory for all sponsors. In order to accommodate the sponsors, we added three additional trainings for the school year. We received 588 evaluations for the trainings provided throughout the 2006 - 2007 school year.

While we have received an outstanding approval of the contents of our trainings, we would like to share some of them with you.

- 97% indicated their goals had been met from this training.
- 96% felt the trainers knew the content of the materials well.
- 95% said the trainer adequately handled questions.
- 92% felt the order of content of materials made sense.
- 92% agreed the trainer presented the information at an understandable level.
- 92% felt the examples and illustrations helped them understand the material.

Based on the responses we received from the attendees, we have continued to provide beneficial information that sponsors plan to use immediately. The sponsors are more knowledgeable of the program when they complete training as indicated on this chart.



The most memorable comment made to the trainers this year by a participant was how much they appreciated having them available to speak to before and after class. The trainers make a point of being accessible to attendees before and after training, as well as during breaks and before and after lunch.

Sign up for the 2007 – 2008 A+ School Lunch Workshops at:

<http://www.ade.az.gov/onlineregistration>

Calendar of Events

| Date | Health and Nutrition Services Trainings | Location | Time |
|-----------------------------------------------|-----------------------------------------|-----------|------------|
| Professional Development Sessions | | | |
| 11/29/2007 | Organizational Skills | Phoenix | 9:00-3:00 |
| 1/30-31/2008 | Serving it Safe | Phoenix | 9:00-3:00 |
| 2/13/2008 | School Finance | Phoenix | 9:00-3:00 |
| 2/20/2008 | SUCCESS | Phoenix | 9:00-3:00 |
| National School Lunch Program Sessions | | | |
| 11/7-8/2007 | A+ School Lunch | Phoenix | 8:00- 5:00 |
| 11/8/2007 | Contracting with Food Service Mgmt Co. | Tucson | 1:00-4:30 |
| 11/29/2007 | Commodity Ordering Web-Based Training | Phoenix | 1:00-4:00 |
| 1/9-10/2008 | A+ School Lunch | Tucson | 8:00-5:00 |
| 1/10/2008 | Contracting with Food Service Mgmt Co. | Phoenix | 8:30-11:30 |
| Summer Food Service Program | | | |
| 3/18/2008 | 5th Annual SFSP Outreach Day | TBD | 9:00-2:00 |
| 3/19/2008 | Summer Food Service Program | Phoenix | 9:00-4:00 |
| 3/20/2008 | Summer Food Commodity Ordering | Phoenix | 8:30-11:30 |
| 3/27/07 | Summer Food Service Program | Tucson | 9:00-4:00 |
| 3/28/07 | Summer Food Commodity Ordering | Tucson | 8:30-11:30 |
| 4/3/07 | Summer Food Service Program | Flagstaff | 9:00-4:00 |
| 4/4/07 | Summer Food Commodity Ordering | Flagstaff | 8:30-11:30 |

Register online for all ADE Training Workshops at: <http://www.ade.az.gov/onlineregistration>

Voluntary Arizona Nutrition Standards (VANS): Don't Forget The High Schools

Are high schools left out of the healthy school environment wave that is hitting Arizona? In May 2007, the Arizona Department of Education (ADE) released Voluntary Arizona Nutrition Standards (VANS) for High schools. While the VANS are optional for high schools, they were created based on the mandated Arizona Nutrition Standards for kindergarten through eighth grade. The standards apply to all foods and beverages sold outside of the National School Lunch and Breakfast Programs during the normal school day. To view the VANS, visit our website at www.ade.az.gov/health-safety.

